

# Apple Raspberry Salad (recipe from [www.5aday.gov](http://www.5aday.gov))

## Ingredients:

- ♣ 3 oz. package raspberry flavored gelatin
- ♣ 1 cup boiling water
- ♣ 10 oz. package frozen raspberries, or 1 cup fresh raspberries
- ♣ 1 1/2 cups chopped, unpeeled apples (suggested: Empire, Ida Red, Jonathan, McIntosh)
- ♣ 1 cup, unsweetened applesauce
- ♣ 1/4 cup broken pecan pieces
- ♣ 1/2 cup celery, sliced

**Preparation Time:** 2 hours, 10 minutes

## Directions:

In 2-quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently until raspberries are thawed. Stir in apples, applesauce, pecans and celery. Pour into serving dish or mold. Refrigerate about 2 hours or until mixture is set. Serve as salad or as an accompaniment to beef, pork or chicken.

**Serves:** 8 people

## Nutrition:

Nutrition Facts	
Apple Raspberry Salad	
Serving Size 1/8 recipe	
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Amount Per Serving	
<b>Calories</b> 50	Calories from Fat 15
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% Daily Value (DV)*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 1g	
Vitamin A	
Vitamin C	
Calcium	
Iron	
* Percent Daily Values are based on a 2,000 calorie diet.	

## Diabetic Exchange\*\*

Fruit: 1 Vegetables: 0 Meat: 0 Milk: 0 Fat: 0 Carbs: 0 Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

This recipe provides **1.0** fruit and vegetable servings per person.